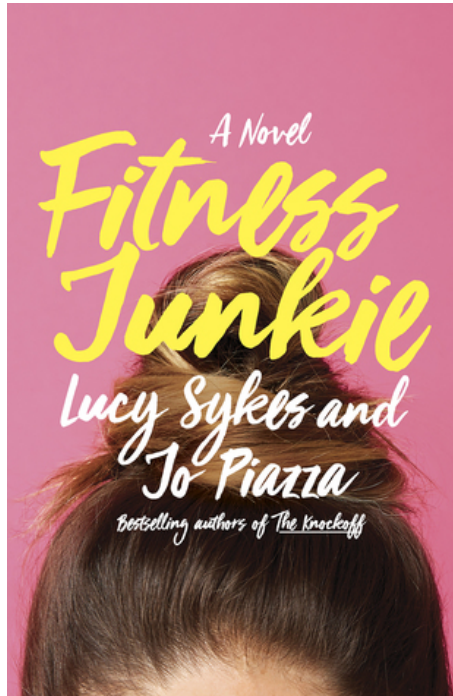


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Book Overview:

From the bestselling authors of The Knockoff, an outrageously funny novel about one woman's attempt--through clay diets, naked yoga, green juice, and cultish workout classes--to win back her career, save her best friend, and lose thirty pounds.

When Janey Sweet, CEO of a couture wedding dress company, is photographed in the front row of a fashion show eating a bruffin--the delicious lovechild of a brioche and a muffin--her best friend and business partner, Beau, gives her an ultimatum: Lose thirty pounds or lose your job. Sure, Janey has gained some weight since her divorce, and no, her beautifully cut trousers don't fit like they used to, so Janey throws herself headlong

into the world of the fitness revolution, signing up for a shockingly expensive workout pass, baring it all for Free the Nipple yoga, sweating through boot camp classes run by Sri Lankan militants and spinning to the screams of a Lycra-clad instructor with rage issues. At a juice shop she meets Jacob, a cute young guy who takes her dumpster-diving outside Whole Foods on their first date. At a shaman's tea ceremony she meets Hugh, a silver fox who holds her hand through an ayahuasca hallucination And at a secret exercise studio Janey meets Sara Strong, the wildly popular workout guru whose special dance routine has starlets and wealthy women flocking to her for results that seem too good to be true. As Janey eschews delicious carbs, pays thousands of dollars to charlatans, and is harassed by her very own fitness bracelet, she can't help but wonder: Did she really need to lose weight in the first place?

A hilarious send-up of the health and wellness industry, Fitness Junkie is a glorious romp through the absurd landscape of our weight-obsessed culture.

This book is one of best seller books in the world. Many of people very interesting to read this book. So, your life will be regret if you never read this book on your life.

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